

# Exercise Resources

## Book Reviews:

The following star rating system and reviews are the opinion of Dr. James Martin MD, MPH. They are meant as a resource to help you decide which books may be the most helpful.

**Fitness for Dummies.** Suzanne Schlosberg and Liz Neporent.



Not sure what kind of exercise is right for you? This book is a great place to start. An easy read with lots of good practical information and advice on all manner of exercise - from aerobic training to weight lifting to yoga to pilates to the different kinds of exercise equipment that are available. This book efficiently covers lots of ground.

**Fit Over 40 for Dummies.** Betsy Nagelsen McCormack.



For people who are getting older and want to begin an exercise program, this book provides all the basic essential information for getting started the right way – everything from proper exercise clothing to avoiding injuries. The exercises discussed are solid activities you can pursue, but the repertoire of different exercises available is not as extensive as in the sister book [Fitness for Dummies](#).

**Transformation.** Bill Phillips.



This book provides an interesting perspective on how to go about changing one's life. It includes discussions and examples of the physical, psychological, spiritual and emotional factors that need consideration to make such a life-long transformation. The methods might not be for everyone, and the author occasionally pushes some specific products, but much of the information provided is solid and helpful.

**Walk Your Butt Off!: Go from Sedentary to Slim in 12 Weeks with This Breakthrough Walking Plan.**

Sarah Lorge Butler



This clearly written book provides an easy to follow plan for increasing your activity level with one of the best exercises to help lose weight and improve overall health – walking. The authors provide plenty of information to answer most any question you might have about walking as an exercise. I disagree with their assertion that diet is not very important for weight control, but regardless, the exercise advice as presented is quite good.

## FREE Mobile Applications:

**MyFitness Pal-** Helps you set a weight-loss goal, monitor your progress, track food intake, track activity.

**MapMyRun-** Applies GPS technology to measure the distance, time, pace, and speed of your outdoor workouts.

**NikePlus-** From running to everyday activities, Nike+ lets you track multiple activities - and compare your results over time.

**Runkeeper-** Uses a GPS system to track distances, times and pace of workouts.

**Endomondo Sports Tracker-** Uses a GPS system to track and record the distance of your running, walking, and or biking routes, as well as your pace.

## Activity Trackers:

**FitBit-** Wireless activity tracker that measure steps, distance walked, calories burned, floors climbed and activity duration/intensity and also sleep quality.

**Garmin Watch-** Wireless activity tracker that measures steps, distance walked and calories burned.

**Jawbone UpBand-** Wireless activity tracker that measures steps, distance walked, calories burned and also sleep quality.

## Additional Websites:

[www.sparkpeople.com](http://www.sparkpeople.com)- Provides nutrition and fitness information, articles, videos, support, blogs, food and exercise trackers.

[www.myfitnesspal.com](http://www.myfitnesspal.com)- Helps you set a weight-loss goal, monitor your progress, track food intake, track activity. Offers recipes, nutrition tips, and exercise advice and demonstrations.